



NBC29 HEALTH SEGMENTS

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Nonalcoholic Steatohepatitis (NASH)

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NASH is a condition in which liver injury occurs, as in alcoholics, but the person doesn't drink much or at all.

Liver cells fill with fat

- Initially Steatosis occurs: no inflammation or fibrosis (hardening)
- Later Steatohepatitis: inflammation and fibrosis. 20% progress to cirrhosis

Prevalence:

7-9% Americans who have had liver biopsies. 20% of diabetics and obese people have NASH
40-60 years old

Women > Men

Diabetics and Obese people

Cause:

- Obesity ? Insulin resistance (as in Type II Diabetes)
- Inflammation can be worsened or caused by:
 - Too much iron in liver
 - Deficiency in anti-oxidants (Vit C, Vit E, Beta-carotene)
 - Intestinal bacteria (TPN patients)
- High triglycerides
- Depakote Use
- Chronic Aspirin
- Vitamin B5 deficiency
- Leptin Deficiency
- Gastric Bypass in obese people in the 1st 12-18 months
- Acute starvation/rapid weight loss
- Estrogens
- Amiodarone, Tamoxifen, Steroids

Symptoms: usually none. Found by liver enzymes test in the blood

AST/ALT ratio < 1

Liver Ultrasound aides in diagnosis.

Treatment:

o Lose weight slowly!!!!

o Diet and exercise

o Diabetic medicines in the "Glitazone" group appear to help, though they can also make liver problems worse: Actos is a good choice.

o Metformin may also help and is 2nd choice.

o Flagyl for those who have had gastric bypass surgery for intestinal

o Vitamin E and C

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